



Your Beliefs

**What we believe influences how we act.
Change your beliefs to change your life.**

What current beliefs hold you back from change?

Examples:

I don't deserve...

I am a fraud.

My needs come last.

I will only be happy once I...

Taking time for myself is selfish.

I can't take time to relax unless I eat.

No one can do it better than I can.

Asking for help means I can't do it.

How do these beliefs influence how you act?

What new beliefs would support you to create the life you desire?

Who would you show up as if these new beliefs were held to be 100% true?

Self care is all about living a life that is Self Full. Filling yourself up first and overflowing with love and energy so that those you love get the beautiful overflow not the scraps left at the bottom of the barrel when you are depleted.

What types of activities feeds your soul and raises your energy levels?

What daily rituals do you carve out for yourself?

What weekly rituals do you carve out for yourself?

What quarterly rituals do you carve out for yourself?

What holds you back from creating white space for self full living?

How do you treat loved ones when you are depleted?

How do you treat them when you have time for yourself?

Are you willing to commit to running on a full tank not an empty tank?

Are you ready to set guilt aside, stop taking responsibility to please everyone, and allow those to love to experience you at your highest, best self?